
Traditions, Rituals, or Practices in My Life

Directions: List out any of the traditions, rituals, or practices of your family or other group (e.g., scouts, church, martial arts club, sports of extracurricular teams, etc.). Name the group (or family members) that practices the tradition or ritual. Briefly describe what it is that you do. Briefly explain what it means to you by saying how it makes you think or feel.

Group	Tradition, Ritual, or Practice	What it means to me?
Example: My Jewish family	Every Hanukkah we light eight candles to celebrate the miracle of the lights	Hanukkah makes me think that my ancestors were brave and stood up to unfair treatment. It gives me special memories of my family every year. It makes me believe in the possibility of miracles.